The Woman's Page

A MAYFAIR NOTEBOOK

THE ASCOT FROCK CONTROVERSY: THE MAYORESS'S RAIL: THE QUEEN AS TYPIST

By Philine

London, June 11.

There is something like a war being waged between two camps of fashion leaders and fashion followers. In one camp are those who advocate the short, trim skirt for daytime wear, the tailored line in suits, even in garden party frocks. It does not matter, they contend, whether the suit or frock in question is made in silk, or lace or cotton or any other material, but it must be briefly skirted and well tailored.

These people deplore the type of dresses we have grown accustomed to associating with Ascot. Long skirted, trailing 'picture' styles, in their opinion, are appropriate for evening wear, but not for Ascot, or for any other out-of-doors, daytime functions. Ronald Morrel is one of our fashion leaders who has joined the Short Skirt for Ascot camp and one of his latest dress models, christened "Ascot", is designed accordingly.

Norman Hartnell is another who is showing tailored dresses for the garden party type of entertainment. So there are sure to be more tailored clothes at the great race meeting next week than ever before. This should please our French cousins, for they, with many others in this country, feel that the picture frock is definitely less smart and practical and should be worn only after sunset.

Garden Party-cum-Evening Styles

From the other camp—or so one imagines—came the rumour that the Queen had ordered all who attend Ascot to follow the ground-length toilette fashion. There was, of course, no truth in this rumour, though Her Majesty and ladies of the Royal family, according to Mr. Hartnell, will assuredly wear long skirts on the race course.

Let us keep to our fluffy frocks, our furbelows and waggon-wheel hats; "these foolish things" remind us of Ascot. So rings the cry from the opposite camp. These enthusiasts argue that it would kill the whole tradition and character of Ascot if women were persuaded to shun the picture frock. They ask us to imagine Gold Cup Day on the enclosure lawns and in the paddock, where all the women are dressed as for Epsom, or a shopping expedition in Bond Street. Half the fun, as well as the picturesqueness, of Ascot is gone.

For those who cannot, or do not want to, spend a great deal upon clothes, it is certainly a real economy to have a garden party-cum-evening dress. This is easily managed at present, for evening frocks are high-necked, or, if they are low, they are smartest when accompanied by a matching coatee which covers up the too-naked look by daylight.

No Compromise

Even if one is not particularly interested in the results of this controversy, there is a lesson — a well-worn lesson—to be learned from it. When selecting a gown for Ascot or for any other such afternoon affair, there must be no compromise in the decision. As one dress expert tells us, we must decide whether we are going to be "classical, bouffante or billowy, or strictly tailored." But there should be no attempt made to mix these styles. This season, each one can be the right one. If we feel we are essentially the type to wear fluffy, frilly and thoroughly glamorous frocks, we must do so to the last and smallest detail. If not, we must choose the tailored way. There is scarcely a fabric, to-day, which cannot be tailored, so there can be no lack of choice.

Dress Confidence

Half the poor dressers of the world lack confidence. They are inclined to get flustered with the result that they put finishing touches to their clothes which need no elaboration. The extra touch may be a fur collar, a posy or a scarf, none of which are necessary or desirable.

A time there was when a big London shop kept a special cupboard filled with over-elaborate dresses, just such dresses as women who lack a dress confidence might collect in their wardrobes. The rail on which these frocks were hung was known as "the Mayoress's rail." From it purchases were made by those unfortunate ladies who were uncertain what to wear at their first important public functions. When the saleswoman realised the sort of customer she had to deal with she made straight for "the Mayoress's rail."

Times have changed and Coronation year Mayoresses certainly did not live up to their old reputation. All the same, the story should be a warning, not only to these—women who, by reason of ther profession or social standing, live constantly in the public eyes, but to the world of women at large.

The Queen's 'Office'

Which brings me to news of the First Lady in the land who is the first British Queen ever to use a typewriter. To-day, her little machine is kept on the rosewood desk in her study in Buckingham Palace. When one's private correspondence is as large as Her Majesty's, a knowledge of typewriting is very helpful, as the Queen has proved since she learned to tap the keys some years ago.

This Palace study is, in some ways, much like any other office. A deal of work is done here daily by secretaries and the lady-in-waiting, Lady Helen Graham, who superintends all the filing and general working arrangements. This lady is received each morning by the Queen, who looks through her scores of letters and gives the necessary instructions for their answering.

Furnished with antique Sheraton and Chippendale furniture and decorated in soft blue and silver, the Queen's office is certainly more luxurious than most. Her workers enjoy the usual office relaxation and refreshment at 4 o'clock each afternoon, but no junior has the job of boiling the kettle and filling the teapot. Instead, a red-coated footman brings it to them.

Hats for the Princesses

The Princesses Elizabeth and Margaret Rose have lately taken to wearing hats on formal occasion. We have all grown so used to seeing them going about bareheaded, with their fair hair blowing freely in the wind, that this change is noted with surprise. Princess Elizabeth, now favours soft brim straw hats, while her younger sister's curls are partly hidden under straw bonnets.

The millinery trade is satisfied, if members of the bare-headed brigade are not, for milliners for a long time have protested against our hatless, princesses. They thought the little girls were leading a fashion that was bad for trade.

TWO ASCOT FASHION CREATIONS

Two creations for Ascot by Worth are (*Left*) a flowered crepe de chine dress and short coat with brown sash and a skull cap trimmed with white flowers. (Right) a printed organdie dress with pink flowers at the waist and a tulle hat to match.

BLACK AND WHITE

A black sheer skirt and a white linen jacket with black accessories combine to make this effective summer costume.

HOW TO KEEP FIGURE TRIM

The Ideal Way To Exercise In Summer

The time has come to do your daily exercises on the roof, in the back yard or some other out-of-doors spot. Exercise is twice as beneficial if you get plenty of fresh air while your are about it.

From now until cold weather comes again, the ideal way to keep your figure trim and supple is to go in for an active sport or two. Learn to ride a horse, play golf, tennis, badminton or even croquet.

Swimming is wonderfully beneficial because it equalizes weight, making hips more slender, stomach flat and, at the same time, builds up a hollow chest or a scrawny neck. Regardless of your weight, brisk walks will improve your figure. And, for the young, rope skipping is excellent.

The exercise the gardener is bound to get during summer can very well take the place of deep knee bends and arm routines, of which one grew pretty weary last winter. Watch your posture and even every day tasks can improve your figure.

When you lean over the baby's crib, bend from the waist instead of holding waistline rigid and straining neck and shoulders. Sit in a straight chair with your hips (not shoulders) against the back of it when sewing. A stool without a back on it makes for round shoulders and an aching neck.

Learn to stand tall with stomach in and torso lifted upward out of hip sockets. Try back bends to give your body that long slim look in front. Also to strengthen stomach muscles, lie flat on the floor with arms at your sides, ankles together. Without using hands, pull yourself up to a sitting position, meanwhile keeping heels on the floor. Lower slowly. Repeat five times.

Some Exercises

Now keep shoulders flat and raise legs upward until they are perpendicular with the body. Lower slowly, feeling stomach muscles stretch and pull. Repeat five times. This will be pretty difficult to do for the first few days, but keep at it and you will see much improvement in your figure.

Stand erect with arms stretched high above your head. Bending from the waistline and holding knees stiff, make right hand touch left ankle. Reverse, using left hand to touch right ankle. Repeat ten times. This removes a waistline roll and the bulge above your girdle at sides and back.

SUMMERY

Crisp, cool organdie for the frock with a corsage of fresh flowers at the neckline makes a pleasing combination for summer evening wear.

DANCE FROCKS ROMANTIC VISIONS

Slim Silhouette Out-Moded By Billowy Skirts

Designed for dancing are the swirling hems of the more romantic evening gowns. Voluminous skirts of net and taffeta or airy mousseline or chiffon, float from close fitting bodices to revive sentimental waltzes under summer skies.

The super sheath or slim narrow silhouette cannot compete with the romantic silhouette on the dance floor. This season you don't have to struggle with a train or mince your steps in a hobble skirt. Full skirts leave you free to waltz turn, spin and dip to your partner's lead.

Unlike the bouffant styling of past seasons, the new formal gowns avoid bunchiness around the waist and hips. Their snug bodices, many with halter necklines and deep decolletes, and their smooth hiplines maintain the impression of a slim figure.

For the Young

For the adventurous young the shorter evening gown, anywhere from ankle length to ten inches from the floor, has ballerina charm if the ankles and feet are pretty and the dancing slippers worth exposing.

Colour rhythms are recorded in ombre chiffon that crescendos to jade green; in rainbow net that diffuses blue, yellow and rose over a turquoise slip; in printed taffeta bursting with colourful bouquets, or black taffeta with roses for tender sentiment, or navy net and taffeta, with a corsage of purple and white lilacs.

PICK-UP STICKS PUDDING

Melt a half-pound cake of sweet milk chocolate in top of double boiler. When cool add the yolks of three eggs, slightly beaten, then half a cup of cream. When blended fold in the beaten whites. Serve from a glass bowl with a picketfence arrangement of lady-finger sticks for a border. Top each portion with whipped cream.

BANANAS BAKED AND BROILED

Noted Author Endorses the Banana Diet

"It's a wise mother who encourages her children to save their pennies to buy fruit," says Dr. Lucy H. Gillett in her new little book, "Food for Health's Sake," one of a series indorsed by the National Health Council. "The foundation of adult health is laid in infancy. Give your child every possible chance of storing up strength and resistance for the future," she advises.

For children of school age or adults of any age she prescribes bananas, citrus fruits and tomatoes. "There is as much difference between a ripe and green banana as between a ripe and unripe apple," she says.

Indorses Banana Diet

The author also indorses the banana diet. "Those who want to reduce drink milk and eat only bananas, green leafy vegetables and perhaps an egg, making a diet low in energy but high in health-protective qualities," she prescribes.

Baked Bananas

Peel the bananas and leave them whole or halved. Brush with melted butter, sprinkle with salt and bake in a moderate oven. Allow twelve to eighteen minutes for whole bananas, eight to tweive minutes for halved ones. If the skins are left on cut off both ends, make a lengthwise slit and bake in a moderate oven fifteen to twenty minutes. Separate the peel and season with butter.

Broiled Bananas

Place peeled bananas on broiler rack or in pan. Brush with malted butter and sprinkle with salt and broil six to ten minutes.

Banana Meat Loaf

1 pound raw beef.
1 tablespoon onion.
2 teaspoons salt.
⅛ teaspoon pepper.
1 cup soft bread crumbs.
2-3 cup mashed banana.
½ teaspoon dry mustard.
3 peeled bananas, cut lengthwise.

Mix together the chopped meat, onion, salt, pepper, bread crumbs and mashed banana. Add mustard which has been moistened with a little water. Form mixture into a flat roll and place in a greased baking dish. Bake in a moderate oven, basting occasionally with juice from meat.

When loaf has been baked about forty-five minutes, place banana halves around and on top of loaf. Baste bananas with juice from meat and sprinkle with salt. Continue baking for about twenty minutes longer, or until bananas are done.

WASHING SPINACH

Eight or ten rinsings are necessary for washing spinach, since it grows close to the soil and is usually quite sandy. Alternate it between two large kettles of water, changing the water each time. The grit will remain in the bottom of the kettles.

GOOD TASTE BEAUTY KEYNOTE

Modern Cosmetics Great Help To Women

Within the last years women's interest in makeup, beauty problem and the cosmetic industry has increased amazingly. Everyone has become more complexion, hair and figure conscious. One sees fewer splotchy powder jobs, less smeared lipstick, more becoming coiffures, infinitely better figures, especially as far as adults are concerned.

Makers of cosmetics themselves paved the way toward better skin care and more artistic makeup. Their products have come a long way since the days when cold cream was practically the only softening preparation on the market and powder came in two shades—dead white and bright, bright pink.

NEW FASHION

All the rage in Hollywood are ostrich feather capes. Miss Helen Gahagan wears one in French blue with a white organdie frock with ribbon belt in two shades of light blue.

Other Aids

Gradually, other creams to suit different types of skin and powders which came closer to matching natural tones were available. Now, of course, it is no trouble at all to get shades of rouge, lipstick and powder which are right for you, and corrective, as well as plain, softening, night creams.

In other words, with so much material available, and at prices to suit every kind of pocketbook, it's your own fault if you don't look your best all the time.

The vogue for smearing rouge on ear lobes, in hollow of the throat and under the chin is as passe as trailing chiffon dresses in an office. Good taste is the keynote of modern beauty. A woman makes up as she dresses—to suit the occasion and her own personality.

Personality

You may be weary of the term, "personality haircut," but the trend which ushered in that phrase was an important one as far as good looks are concerned. Ten years ago every women had a boyish bob whether it was flattering or not. That couldn't happen to-day. No matter how fashionable it is, unless a current coiffure is flattering to you, good hairdressers will suggest something else.

SCALLOPED POTATOES

The next time you make scalloped potatoes try using a can of cream of mushroom soup in place of part of the milk.

MILLINERY REVIVALS NOTICED

Cartwheel Brims: Bonnets and Strings: Field Flowers

London, June 6.

This season proves that the débutante and her mother can wear the most exclusive and romantic of models. They reflect all the charms from 1837 brought into unison with the fashion points of 1937.

There are at least two opposing factors in millinery that mark this year's Ascot. Hats are either very tiny or exceptionally large. All are poised lightly on the head in all kinds of novel ways. Dainty ethereal cart-wheels, with sprays of flowers and feather fantasies reposing on their brims of tulle and lace, are traditionally "Ascot."

The latest charm of the new brims of gigantic proportions is to place single flowers of silk and velvet or feathery tips between two layers of tulle. Stalks of flowers or stems of ostrich are bordered with coarse stitchery, which shows the flower or feather to advantage and makes them more secure.

Layers of Tulle

A lily-green crinoline of very fragile but large dimensions has big flat purple and pink clematis encased within two layers of palest flesh tulle. The shape then sweeps on in Gainsborough arrogance to one side. Field flowers, reposing between the double tulle brim of black were chosen for an Ascot creation of black crêpe embroidered with red daisies.

The only medium-sized hats for Ascot seem to favour the coolie crown. Molyneux has a model in apricot Balli-Buntal, the flat round crown being composed entirely of a ring of apricot ostrich frongs and a feather tip.

For bonnets and caps chiffon is the ideal and leading summer fabric. Novel tiny pork-pie shapes, bonnets and forage caps, made entirely of coloured chiffons, are wonderful. They are tucked, plisée, gauged and stitched in such ways as to turn the original material into models of outstanding beauty.

Chiffon strings add an amusing 1830 touch to the latest Paris bonnet. A Reboux chiffon bonnet in a shade of sea-green has strings in the same tone which can either tie under the chin or fall gracefully down the back. These chiffon strings are original and fascinating. Suzy Talbot shows a fancy crinoline bonnet with a whole crown composed of knots in a black ribbon velvet.

Other minute hats are made mostly in small pill-box shape. Some are entirely of osprey and pastel-ostrich frongs. A favourite, which will be to the fore at Ascot, is a forage cap of "stuck-on" ostrich in tones of shaded peach and deeper apricot. There is a cache-peigne of this featherlike ribbon-work, and the rings of feather and plume of the crown mingle with the curls.

The skull-cap continues in popularity for the young. In flower, feather or chiffon, these caps are worn at the back of the head, with a long floating veil.

Chiffon Parasol

Delightful for Ascot was a parasol of printed pastel tones in chiffon and a hat to match, with a rouleaux of chiffon and two pom-poms in the same lovely shade of hyacinth-blue. This idea was also carried out in organdie, and struck an Edwardian air with its wonderful medley of colouring. It seems incredible that each of the two small chiffon pompoms represented a yard of fabric.

The all-white vogue has a big following. The smaller shapes in white are specially attractive, in all kinds of new fabrics and straws, with cotton flowers and unusual wings.

Leghorns will complete some organdie ensembles at the summer pageant, but they are not so interesting as the newer fabric straws and fine tulles and chiffons. Here and there the old-world Leghorns with sweeping lines will appear with organdie frocks, the hats adorned with floral sprays or drooping feathers.

TREATMENT FOR SUEDE

To brighten suede articles, go over them with a clean cloth dampened with a little vinegar. Brush with a wire brush, and they will look like new

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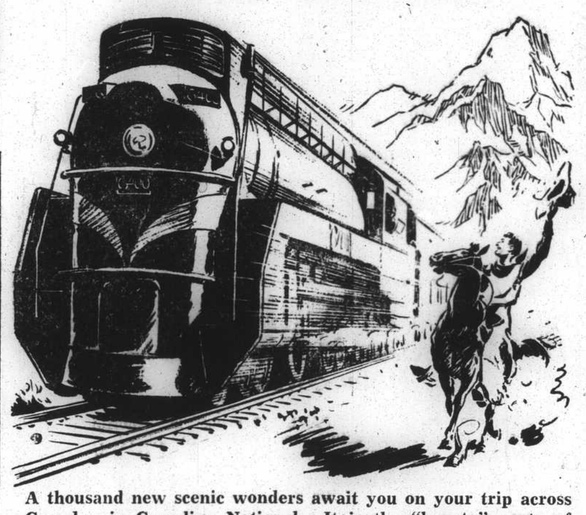

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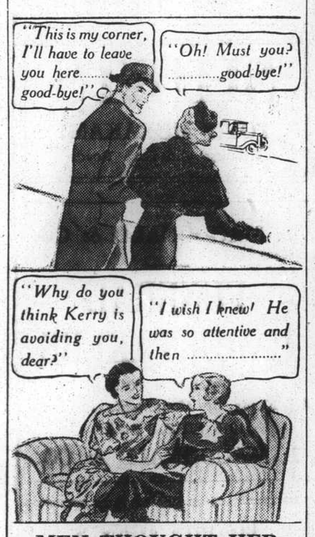

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